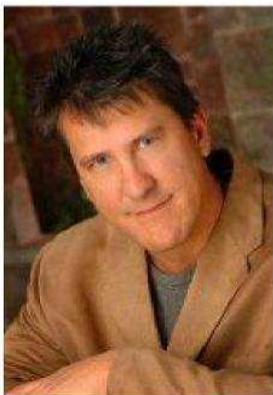


Integrated Natural Ideas # 36

You've heard of Dr. Oz?

Meet Dr. Jay

***What you can do to complement your health...naturally.
It is not alternative, it is original!***



Ph.D. Holistic Health Sciences
(*Summa cum Laude*)
Ph.D. Traditional Naturopathy
(*Summa cum Laude*)
Board Certified
Holistic Health Practitioner
Currently enrolled in
Doctor of Integrated Medicine

Supplements are cost effective when you consider.....the cost for cleaning up after hurricane Sandy is \$60 billion. We, as a nation, spend that on healthcare in about one week. We also spend more every year on artificial knees/hips than what Hollywood collects at the box office. We spend more on healthcare than the next 10 biggest spending countries on healthcare: *combined*. (Time Magazine 3/2013) An ounce of prevention is a pound of cure, anyone?

Look at one of the new products NSP is coming out with in April, called **Stixated Solstic” #6540-5**. It can help curb appetite and helps us feel full longer. It is going to be very handy in weight management and you can carry it when you travel, so you don't pig out too much on the road with bad food. Also when you travel to Grandma's house for cookies!

But speaking of appetite, it is truly run by the brain, not the gut. Especially, excess appetite! An herb from Africa known as "*Griffonia*" has been used for thousands of years for many things. This herbal is instrumental in regulating appetite, increasing mood, and better sleep! Its main constituent is something called 5-HydroxyTryptophan or 5-HTP. Kind of like the calm and fullness we feel with too much Turkey consumption at Thanksgiving time. NSP has this of course, **5-HTP #2806-4**. The science is this, if your appetite is always up, your Serotonin levels are down. Hence, poor mood and poor sleep. So this supplement, as well as the new "Stixated Solstic", can be used for weight management and mood/sleep. For example, want better appetite control? Use 5-HTP 30 minutes before a meal and/or a stick of Stixated. Better sleep? Use just 5-HTP 30 minutes before bedtime.

Want to help melt fat? Like a frying pan when we add butter or solid fats, they melt. That is how you can get it out of your cells and off your body, melt it. Of course diet modification and exercise is a must but what if you could take a daily supplement to get higher results? You can! **CLA #3010-1**, also known as Conjugated Linoleic Acid, helps melt fat out of the body. Scientifically proven to increase lean muscle mass and burn more calories. Just 3 grams a day (roughly 3 capsules a day) can help you with an additional 10% decrease in body fat over 3 months. Using coconut oil in your foods, known as a medium chain triglyceride, goes even further.

Many have asked me lately about a promotion NSP had where you could earn a free bottle of **Calcium plus Vit. D3 #3243-4** just for letting others in on the secret of NSP membership. The newbie would also get a free bottle during March. Here is what I say in addition to helping your bones: Calcium plus Vit. D3 helps the body melt fat by blocking some absorption of bad fats in the digestive system. Comes out the other end versus "sticking around". Like an additional 50% fat loss? Wow.

What about turning up the thermostat to help the body burn more calories daily? Simple: **Capsicum #160-5** taken before meals and workouts has been shown to help with an additional 42% thermogenesis. Keep in mind it is a little hot to the tummy, so take with food.

Off to Salt Lake City for a week, so there will not be an issue next week but, you can learn what I learn April 20th in Green Bay, Wi. at the Rock Garden. Just call NSP for registration for the all-day class for just \$35. We will also discuss the new products April 30th at 7:00pm at The Hilton Garden Inn on Lombardi Ave. as well.

Dr. Oz spoke at a Nature's Sunshine conference and understands there is a big problem with quality and efficacy in the supplement industry. Due to legality of his show he cannot talk about specific companies. Many companies put their name on a product label and do not manufacture it themselves. We only trust Nature's Sunshine (800-453-1422). **The largest and safest in the world!** Information is for educational purposes only and not meant to diagnose or treat any disease. See a competent health professional should the need arise. This information may be shared provided it is not changed in any way.